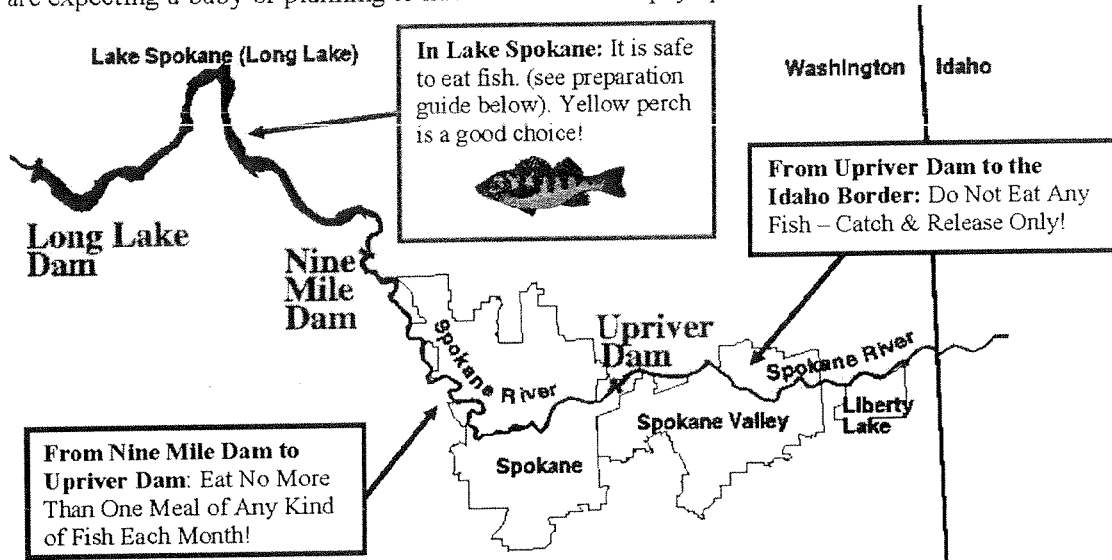


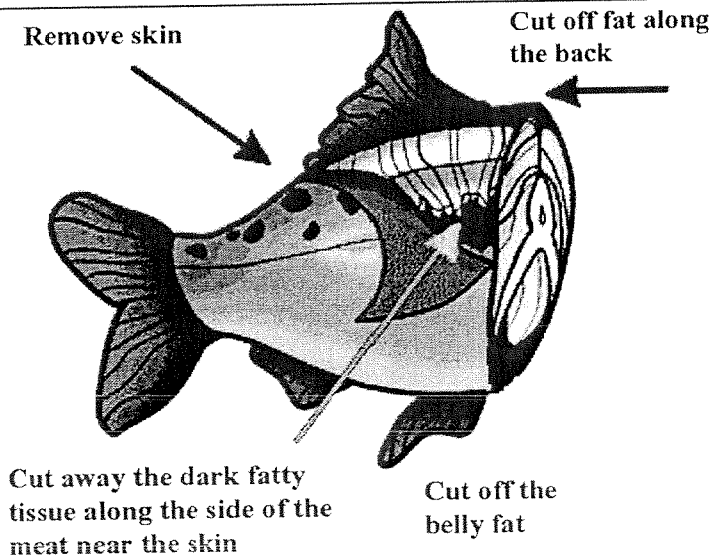
APPENDIX B

FISH ADVISORY 2003
and
SEDIMENTS ADVISORY 2003

Spokane River fish contain chemicals called PCBs that can be harmful to your health. Fish from some parts of the river have more PCBs than others. Follow the advice given below if you eat fish from the Spokane River. Because PCBs can harm babies before they are born, women who are expecting a baby or planning to have babies should pay special attention to this warning.



Prepare Your Fish this way to Reduce Your Exposure to PCB's:



- Cook fish on a rack so the juices and fat will drip off.
- Do not eat the juices, bones, organs, fat, and skin.

For More Information Call
Toll-Free: 1-877-485-7316
www.doh.wa.gov/ehp/oehas/EHA_fish_adv.htm
or
Contact the Spokane
Regional Health District at:
(509) 324-1574
www.srhd.org



ATTENTION

LEAD AND ARSENIC IN SHORELINE SOILS

Frequent contact with shoreline soils along the Spokane River from State Line to Plantes Ferry Park may be unsafe, particularly for young children. Follow these steps to limit your exposure to lead and arsenic in these soils.

- Avoid muddy soil that might cling to clothing, toys, hands or feet.
- Wash your hands and face, especially before eating.
- Avoid dry, loose, or dusty soils that you might breathe.
- Wash anything that has come in contact with shoreline soils before entering your home.

For more information contact the Spokane Regional Health District at:

(509) 324-1574